

Troy Sports CAMPS

2007

TROY

SCHOOL DISTRICT

Hungry Howie's Pizza



Athletic Trainers

High school students and adult coaches learn the basics of Athletic Training. This workshop is subdivided into five sections: anatomy, injury evaluation, taping, wrapping techniques and basic first aid. Certificate upon successful completion of each section. Bring bag lunch Monday through Thursday; lunch will be provided on Friday. Coordinator - Bryan Baines, A.T.C., E.M.T., Athletic Trainer Beaumont Hospital, Head Trainer at Athens High School and Troy Sports Camp Athletic Trainer. **Location - Athens High School.**

Activity#	Date	Time	Ages	Cost
134201A	Jul 30-Aug 3	8:30am-3:30pm*	14 and over	\$155

*includes one hour practice session

Baseball

This fundamentals camp will help improve your baseball skills; fielding, hitting, and game strategies. The specialized four-day pitching and catching camp will improve your form mechanics. Equipment required - baseball glove, baseball/gym shoes (Bat optional). Camp Coordinator - Mike Morris Athens Varsity Coach. **Location - Athens High School Field.**

Activity#	Date	Time	Ages	Cost
134202A	June 25-29	9:00-11:00am	7-8 Fund	\$66
134202B	June 25-29	9:00-11:30am	9-12 Fund	\$81
134202C	June 26-29	11:30am-1:30pm	10-15 Pit/Catch	\$55*

*4 day camp

Basketball

Receive instruction on shooting, passing, dribbling, rebounding and defensive techniques. All campers will receive a basketball. Equipment required - gym shoes. Note: place in grade entering in 2007-08 school year. Coordinators - Lisa Danhoff, Troy High girl's varsity coach - girls' camps; Gary Fralick, Troy High varsity boys coach - boys' camps.

Activity #	Date	Time	Grades	Cost
At Athens High - Aux Gym				
134203A	June 18-22	8:30-11:00am	Girls 3-5	\$86
134203B	June 18-22	11:30-2:00pm	Girls 6-10	\$86

At Athens High - Main Gym

134203C	July 16-20	8:30-11:30 am	Girls 6-10	\$101
134203D	July 16-20	12:00-2:30 pm	Girls 3-5	\$86

At Troy High - Main Gym

134203E	June 18-22	9:00-11:00 am	Boys 3-5	\$76
134203F	June 18-22	11:30 am-2:00 pm	Boys 6-8	\$86
134203G	June 25-29	9:00-11:00 am	Boys 3-5	\$76
134203H	June 25-29	11:30 am-2:00 pm	Boys 6-8	\$86

Junior Basketball

Instruction on shooting, passing, dribbling, rebounding, defense techniques and scrimmaging. Coordinator B.J. Smith. Each camper will receive a basketball. **Location - Schroeder Elementary gym.**

Activity #	Date	Time	Ages	Cost
134204A	June 18-22	10:00am-12pm	5-7	\$71
134204B	June 18-22	12:30-2:30 pm	5-7	\$71
134204C	June 25-29	10 am-12:00 pm	5-7	\$71
134204D	June 25-29	12:30-2:30 pm	5-7	\$71
134204E	July 9-13	10 am-12:00 pm	5-7	\$71
134204F	July 9-13	12:30-2:30 pm	5-7	\$71
134204G	July 16-20	10:00 am-12 pm	5-7	\$71
134204H	July 16-20	12:30-2:30 pm	5-7	\$71
134204I	July 30-Aug 3	10:00am-12:00pm	5-7	\$71

Cheerleading

Learn what it takes to become a cheerleader at the middle or high school level. Each camper learns a series of cheers and chants, a dance routine and other cheerleading skills. The older class will also include stunts. Equipment required - gym shoes, shorts, no jewelry. Coordinator - Stephanie Brosky, Athens High School Varsity Coach. **Location - Athens H.S. West Deck**

Activity #	Date	Time	Ages	Cost
134205A	June 18-22	9:00-11:00 am	5-9	\$71
134205B	June 18-22	12:00-3:00 pm	10-14	\$101
134205C	July 9-13	9:00-11:00 am	5-9	\$71
134205D	July 9-13	12:00-3:00 pm	10-14	\$101

Fantasy Sports

This popular camp includes many sports such as gladiator, flag football, basketball, go-ghost, sports skills competitions, swimming, floor hockey, kick ball and more. Campers bring a bag lunch Monday-Thursday. Pizza lunch provided on Friday. Equipment required - gym shoes, swim suit, and towel. Coordinators Jeff Howell, Van Hoosen M.S. Phys.Ed Staff and Basketball Coach. **June 25-29, and E.J. Howell June 18-22, July 9-13, July 16-20, July 23-27; Location - Baker Middle School (sections A,B,C meet in Old Baker Gym, section D and E meet in New Baker Gym)**

Activity #	Date	Time	Ages	Cost
134207A	June 18-22	9 am-3 pm	8-12	\$144
134207B	June 25-29	9 am-3 pm	9-13	\$144
134207C	July 9-13	9 am-3 pm	10-14	\$144
134207D	July 16-20	9 am-3 pm	7-10	\$144
134207E	July 23-27	9 am-3 pm	8-12	\$144

Fantasy Ultimate Challenge

This camp keeps traditions with the past Fantasy Camps but has the added element of Tournament-Style Scoring. Campers participate in all the Fantasy Camp favorite games such as Gladiator, Lightning, Go-Ghost and many more. Each participant will compete for points in order to become the "Ultimate Fantasy Challenge Champion." Bring a sack lunch daily. Friday plan on a pizza party. Coordinator - E.J. Howell. **Location: Baker Middle School New Gym**

Activity #	Date	Time	Ages	Cost
134207F	July 30-Aug 3	9 am-3 pm	9-13	\$144

Fast Pitch Softball

Designed for the player of any skill level, this camp specializes in fast pitch skills including infield and outfield play, hitting and base running. Section B will devote the last half hour to just pitching and catching. Equipment required - glove and proper shoes. Coordinator - Dave Marr, Athens High School girl's varsity softball coach. **Location - Athens High School, diamond #3, #4.**

Activity #	Date	Time	Ages	Cost
134208A	June 18-22	12:30-3:00 pm	8-15	\$81
134208B	June 18-22	12:30-3:30 pm	8-15	\$91

Football

Learn the basics at all football positions including linemen, ends, receivers and defensive backs. Equipment required; cleats or gym shoes, shirt, shorts or sweat pants, Grades 9-12 contact your coach to receive your helmet prior to leaving for the school year. Preventative taping available for campers requiring attention. This season youngsters age 8-11 will get a general skills program targeted at training for all skill positions. Coordinators - Gary Griffith varsity football coach at Troy High and Darell Mayne, Athens varsity coach. **Location – Athens High School Football Stadium. (*4 day camp)**

Activity #	Date	Time	Grades	Cost
134209A	July 24-27*	9 am-12 Noon	3-8	\$78
134209B	July 23-27	12:30-3:30 pm	9-12	\$97

*4 day camp

Junior Golf Camp – (2.5 hours)

These weeklong camps are designed for boys and girls (ages 7-13) of all levels. 1 instructor per 10 players. In addition to developing full swing technique, you will learn the essentials of the short game and how to improve your scoring. Learn and apply your new techniques through situational on-course instruction with a PGA professional. Mon.-Thurs. 2 ½ hours, Friday play a scramble (4 hours) Equipment required – golf clubs, golf/gym shoes (no sandals). Clubs available courtesy of the "Sticks for Kids" GCBAA foundation.

Note: Friday 7-11 a.m. Scramble Golf Tournament with Pizza Party Coordinated by Paul Toski, Sanctuary Lake Golf Academy.

Location: Sanctuary Lake Practice Range (South Blvd & Dequindre)



Activity #	Date	Time	Ages	Cost
134211A	June 18-22	8:30-11:00 am	7-13	\$131
134211B	June 25-29	8:30-11:00 am	7-13	\$131
134211C	July 16-20	8:30-11:00 am	7-13	\$131
134211D	July 23-27	8:30-11:00 am	7-13	\$131

Junior Golf Camp – Half Day (4 hrs.)

These weeklong camps are designed for boys and girls (ages 12-18) of all skill levels. 1 instructor per 5 players. Junior golfers spend the week practicing and playing, with a tournament held on the last day. Develop a better full swing technique, short game, tournament preparation and how to practice for lasting improvement. There is situational on-course instruction with PGA professionals. Includes video and computer analysis. Add one more hour on Friday.

Activity#	Date	Time	Ages	Cost
134206A	June 25-29	1:00-5:00 pm	12-18	\$250
134206B	July 16-20	1:00-5:00 pm	12-18	\$250
134206C	July 30-Aug 3	1:00-5:00 pm	12-18	\$250

Gotta Dance

This dance program offers Tap, Jazz, and Ballet, a six week program on Mondays. Equipment required - proper shoes and comfortable clothing. Camp Coordinator - Suzy Sanitate, Dance Director. (No pizza party or shirt for this camp) **Location – Gotta Dance - Dance Studio, located inside Troy Sports Center 1819 East Big Beaver Road. Call Suzy Sanitate at 248.680.8722 for questions on program.**

Activity #	Date	Time	Ages	Class	Cost
134210A	Jul 9-Aug 13	4:00-4:30 pm	3-5	Tap	\$46
134210B	Jul 9-Aug 13	4:30-5:00 pm	3-5	Ballet	\$46
134210C	Jul 9-Aug 13	5:00-5:30 pm	6-8	Tap	\$46
134210D	Jul 9-Aug 13	5:30-6:00 pm	6-8	Ballet	\$46
134210E	Jul 9-Aug 13	6:00-6:30 pm	6-8	Jazz	\$46
134210F	Jul 9-Aug 13	6:30-7:00 pm	3-5	Ballet	\$46
134210G	Jul 9-Aug 13	7:00-7:30 pm	9-12	Ballet	\$46
134210H	Jul 9-Aug 13	7:30-8:00 pm	9-12	Jazz	\$46
134210K	Jul 9-Aug 13	8:00-8:30 pm	12+	Jazz	\$46

Gymnastics

This camp will emphasize skill development for all levels which includes basic drills to enhance strength and flexibility necessary for all gymnasts. Equipment required - cotton socks or gymnastics slippers and bands for hair. Coordinator – TBD

Parent/Tots (age 3-5) – Introductory gymnastics. Emphasis on motor coordination and balance. Parents are required to participate.

Beginner/Intermediate (age 6 - 11) – Those with little gymnastics experience. Groups will be subdivided based on ability and age level.

Location: Athens High School Main Gym.

Activity #	Date	Time	Level	Cost
134212A	July 23-27	9:00-10:30 am	Tots	\$81
134212B	July 23-27	10:45am-12:45pm	Beg/Int	\$111
134212C	July 30-Aug 3	9:00-10:30 am	Tots	\$81
134212D	July 30-Aug 3	10:45am-12:45pm	Beg/Int	\$111

Lacrosse

Focus on basic skills and team concepts. Offensive skills taught include: passing, catching, feeding, shooting and dodging. Defensive skills include: stance, checks, holds and slides. Team concepts include: clearing, riding, man up and man down offense and defense, fast break man for man and zone offensive/defensive concepts. Boys equipment required - protective helmet, gloves, stick, mouth piece and arm protection. Girls equipment required; stick, goggles and mouth guard. Coordinators – Boys Coach – Jeff Martin, Girls Coach Liz Waters and Rob Holder, **Location – Boys at Athens High Football Field week of July 9 and 16; Girls at Boulan Park Lacrosse Field**

Activity #	Date	Time	Grades	Cost
134213A	July 9-13	9:00-11:00 am	Boys 2-4	\$66
134213B	July 16-20	9:00 am-Noon	Boys 5-10	\$97
134213C	July 23-27	9:00-11:30 am	Girls 4-12	\$82

Pom Pon/Dance

Learn what it takes to be a precision dance team member! Learn the coolest moves, to the coolest music, taught by the most talented staff! Learn basic pom and jazz techniques. Equipment required; tennis/dance shoes (must be supportive), knee pads, dance attire preferred but not required, water bottles. Pull hair back and no jewelry. Cost includes a choreographed dance and performance, expert instruction, camp shirt, pom pons and pizza party. (FOR CAMPER ONLY) **Location: Baker Middle School Gym** Coordinator – Rebecca Girard, Dance Team Director for Detroit Pistons Dance Team Automotion, and Detroit Shockwave Dancers.

Activity #	Date	Time	Age	Cost
134222A	July 16-20	12:00-1:00 pm	5-6	\$46
134222B	July 16-20	1:00-3:00 pm	7-8	\$71
134222C	July 16-20	1:00-3:00 pm	9-12	\$71
134222D	July 16-20	1:00-3:00 pm	13 and over	\$71

Soccer

Learn basics such as shooting, heading, receiving rolling balls, receiving air balls, dribbling, feinting and attacking moves, shielding and goalkeeping. The advanced premier camp will cover technical instruction in the morning followed by tactical play and functional training by position in the afternoon. Each camper to receive a soccer ball. Equipment required - soccer or gym shoes and shin guards. Camp prepares you to be a successful high school team player. Athens/Troy High guest coach appearance throughout week. Coordinator – Todd Heugh, Rochester High School Varsity Coach. **Location: Firefighters Park**



Activity #	Date	Time	Ages	Cost
134214A	July 23-27	9:00-11:30 am	8-11 Rec	\$89
134214B	July 23-27	9:00am-2:00 pm	9-15 Prem	\$155

Junior Soccer

This popular camp will offer basic soccer instruction for the beginner. Each camper to receive a soccer ball. Equipment required - soccer or gym shoes and shin guards. Coordinator – Meghan Sermo, Troy High JV Girls Coach. **Location - Firefighters Park.**

Activity #	Date	Time	Ages	Cost
134215A	June 25-29	10:00-11:30 am	4-5	\$58
134215B	June 25-29	9:30-11:30 am	6-7	\$73
134215C	July 16-20	10:00- 11:30 am	4-5	\$58
134215D	July 16-20	9:30-11:30 am	6-7	\$73
134215E	July 30-Aug 3	10:00-11:30 am	4-5	\$58
134215F	July 30-Aug 3	9:30-11:30 am	6-7	\$73

Speed, Power, Agility and Quickness

Intro: Improve speed, power, agility, and quickness in all sports based on cutting edge techniques of sports science. Participants will improve explosive starts, body mechanics, acceleration, speed, flexibility, change of direction and jumping performance.

Advance: Participants gain knowledge of advanced topics in sports specific training and conditioning, including; stretching routines, warm-up methods, strength training, lifting techniques, plyometric programs, core training, goal setting, nutrition, video analysis of movement, and sport-specific training program design.

Equipment required - practice clothes, cleats and running shoes, and a physical card (on file in school athletic program).

Instructor: TBD

Location - Troy High School Track.

Activity #	Date	Time	Ages	Cost
134217A	June 18-22	8:30-10:30 am	7-9(Intro)	\$66
134217B	June 18-22	11am -1pm	13+(Intro)	\$66
134217C	June 25-29	8:30-10:30 am	10-12(Intro)	\$66
134217D	June 25-29	11 am-1:30 pm	13+(Adv.)	\$82

Competitive and Synchronized Swim

These camps are not learn-to-swim programs. All participants must be able to swim 50 yards for swim classes and 100 yards for Synchronized Swim class. Equipment required: Swimsuit, goggles, and towel. Swim caps suggested for girls. Synchronized Swim; one piece suit is required.

Introduction To Competitive Swim for Elementary School Students

– Designed for swimmers who can swim at least 50 yards (2 lengths of pool), and have no previous swim team experience. Instruction will include all four competitive strokes, starts and turns. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process. Camps are 1.5 hours a day . **Cost: \$63**

Competitive Swimming for Middle and High School students

– This camp is designed for swimmers who are interested in participating on their high school swim team. Previous participation on an intramural or other competitive team is helpful, but not required. Swimmers are expected to be able to swim 50 yards. Instruction will include all four competitive strokes, starts, turns, and an introduction to swim training techniques. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process. The camp is three hours a day for one week. **Cost: \$96** Coordinator – TBD

Sports Camps

248.524.3484

Synchronized Swimming – Synchronized swimming is like dancing in the water. The sport combines grace and flexibility with strength and power. You will learn specific elements – figures, as well as routines to music. Swimmers must be able to swim 4 laps of the pool without stopping and be able to tread water for 30 seconds. The camp is 3 hours a day for one week. For ages 8-17 **Cost: \$96** Coordinator – Instructor Laura Avery, Synchronized Swim Coach. **Location – Synchronize Swim June 18-22 at Troy High School Pool. Sections B-C at Athens High School, Sections D-G at Smith Middle School Pool.**

Activity #	Date	Time	Ages/Level
134218A	June 18-22	M-F/8:30-11:30am	Synchronized Swim
134218B	June 18-22	M-F/9:00-12 Noon	Competitive HS
134218C	June 18-22	M-F/9:00-12 Noon	Competitive MS
134218D	June 25-29	M-F/9:00-10:30am	Intro Elementary
134218E	June 25-29	M-F/10:30-12pm	Intro Elementary
134218F	June 25-29	M-F/9:00-12 Noon	Competitive HS
134218G	June 25-29	M-F/9:00-12 Noon	Competitive MS

Track and Field

This week will give each athlete experience in the field events of the high jump, long jump, and shot put. Track races include 100m, 200m, 400m, 800m, 1600m, hurdles and relays. Proper running and hurdle form will be emphasized. Times and distances will be recorded. The week will conclude with a mini meet on Friday. Awards and certificates will be presented to each athlete. Coordinator - John Epple, Athens High varsity track coach, 22 years Track experience. **Location –Athens High School**

Activity #	Date	Time	Ages	Cost
134219A	June 18-22	9:30 am-noon	7-10	\$81
134219B	June 25-29	9:30 am-noon	11-14	\$81

Volleyball

Girls and boys learn basic volleyball skills such as passing, serving and game strategies. The hitter/setter camp and the advanced skills camp are for the experienced player! The advance camps are for players who played on school teams. All campers will receive a volleyball. Equipment required - gym shoes, kneepads, and sweatbands. Coordinator -TBD. **Location - Athens High School Auxiliary Gym.**



Activity #	Date	Time	Ages	Cost
134220A	June 25-29	9:00am-noon	11-14 Adv	\$103
134220B	June 25-29	1:00-4:00 pm	14-18	\$103*
134220C	July 9-13	9:00-11:30 am	8-10	\$88
134220D	July 9-13	Noon -3 pm	11-13	\$103
134220E	July 16-22	9:00 am-noon	10-13 Adv	\$103
134220F	July 16-22	1:00-4:00 pm	14-18	\$103**
134220G	July 23-27	9:00-11:30 am	8-10	\$88
134220H	July 23-27	Noon -3 pm	11-13	\$103

*Advanced Hitter Setter

**Advanced passing, serving and defense

Wrestling

All wrestling basics including escapes, take-downs, reversals and standing/down starts will be taught with emphasis on folk style and some high school techniques. Also, overview of Olympic wrestling styles of freestyle and Greco-Roman. Equipment required - gym shoes. Coordinator - Gary Harlan, Troy High wrestling coach. **Location –Troy High School Auxiliary Gym.**

Activity #	Date	Time	Ages	Cost
134221A	June 18-22	1:00-4:00 pm	7-18	\$96

Water Polo

This camp offers basic knowledge for middle school participants as well as advanced training for high school. Must be a proficient swimmer. Skills practiced are; egg beater kick, dribbling, passing and shooting. There is an element of conditioning during warm-ups. Equipment required – Swimsuit, goggles, and towel. Instructor: TBD. **Location – Athens High School Pool.**

Activity #	Date	Time	Ages	Cost
134224A	July 16-20	5:30-7:30 pm	12-18 Girls	\$80
134224B	July 23-27	5:30-7:30 pm	12-18 Boys	\$80

General Camp Information

Staff: All camps are coordinated by a “Blue Ribbon” coaching staff including many state and area Coach of the Year recipients.

Athletic Trainer: A licensed athletic trainer will be available for assistance during the camps.

Camp Includes: An official Troy Sports Camp tee-shirt, a participation certificate and a camp ending **pizza party provided by Hungry Howies Pizza** (exception noted).

Camp Ratio: Approximately 1:10 (some have lower ratios)

Medical Information: If your child has a medical history that may affect their participation in the camp program, please make a note on the registration form (allergies, etc...).

Inclement Weather Policy: In case of rain, call our weather hotline at 248.689.9756 or check online at:

www.troy.mi.gov/parksrec/weatherupdates

Each camp will discuss their weather procedure the first day.

Refunds and Transfers: Refund or transfer requested prior to camp beginning will be assessed a **\$10 administrative fee**. Contact the Parks and Recreation office at 248.534.3484. **There are no refunds after a camp begins.**

Additional Information:

Contact Troy Parks and Recreation at 248.524.3484 or visit our website at: www.troy.mi.gov/parksrec